



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

145 Pacific Ave. ● Winnipeg, MB R3B 2Z6 ● Tel: 204-925-5745 ● Fax: 204-925-5792 ● athleticsmb@shaw.ca ● www.athleticsmanitoba.com

Athletics Manitoba Open

Friday, May 10, 2013 TENTATIVE Schedule

Times may change once entry numbers are received

Track

5:30 pm	1500m Steeple 2000m Steeple 3000m Steeple	Midget Men & Women Youth Men, Youth & up Women Junior/Senior Men
6:15 pm	110mh 100mh 80mh	Men Men/Women* Men/Women*
6:45 pm	150m 150m	Pee Wee/Bantam Men Pee Wee/Bantam Women
7:00 pm	200m 200m	Midget & up Men + Special O* Midget & up Women + Special O*
7:30 pm	600m 600m	Pee Wee Men Pee Wee Women
7:45 pm	800m 800m 800m 800m	Bantam/Midget + Special O Men* Youth & up Men* Bantam/Midget + Special O Women* Youth & up Women*
8:30 pm	4x400m 4x400m	Youth & up Men + Special O Men* MHSAA Varsity only Youth & up Women + Special O Women* MHSAA Varsity only

Field

5:30 pm	Standing Long Jump Standing Long Jump	Pee Wee/Bantam/Special O Women Pee Wee/Bantam/Special O Men
6:00 pm	Javelin	Midget & up Men & Women
6:00 pm	Pole Vault Pole Vault	Midget & up Women Midget & up Men
6:00 pm	Long Jump	Midget & up Women*
7:00 pm	Long Jump	Bantam/Special O Men & Women
8:00 pm	Long Jump	Midget & up Men*
7:15 pm	Discus	Midget & up Women*
8:00 pm	Discus	Midget & up Men*

MHSAA qualifying events are marked with an * beside, please note where there are age restrictions in place. In order for results to be submitted the athlete needs to be entered by their school and compete in their school uniform, the school coach needs to be present for the event and the athlete still needs to compete in their zone qualifying meet in order to be considered for advancement to the MHSAA Provincial Championships.



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Athletics Manitoba Open

Saturday, May 11, 2013 TENTATIVE Schedule

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Track

9:30 am	3000m	Youth & up Women + Special O Men & Women
	3000m	Youth & up Men
10:30 am	400m	Youth & up + Special O Men (* MHSAA Varsity only)
	400m	Youth & up + Special O Women (* MHSAA Varsity only)
11:00 am	80m	Pee Wee/Bantam Men
	80m	Pee Wee/Bantam Women
11:15 am	100m	Midget & up + Special O Men*
	100m	Midget & up + Special O Women*
11:45 am	200mh	Midget Men/Women
	300mh	Youth Men/Women
	400mh	Junior/Senior Men & Women
12:15 pm	1200m	Bantam/Midget Men
	1200m	Bantam/Midget Women
12:30 pm	300m	Pee Wee/Bantam/Midget Men
	300m	Pee Wee/Bantam/Midget Women
12:45 pm	1500m	Youth & up + Special O Men (* MHSAA Varsity only)
	1500m	Youth & up + Special O Women (* MHSAA Varsity only)
1:15 pm	4x100m	Pee Wee/Bantam/Midget/Special O Men*
	4x100m	Youth & up Men*
	4x100m	Pee Wee/Bantam/Midget/Special O Women*
	4x100m	Youth & up Women*

Field

9:30 am	Long Jump	Pee Wee Men & Women
9:30 am	Shot Put	Special O Men & Women 3 attempts
10:15 am	Shot Put	Pee Wee/Bantam Men & Women 3 attempts
11:00 am	Shot Put	Midget & up Men*
12:00 pm	Shot Put	Midget & up Women*
10:30 am	Triple Jump	Midget & up Men*
11:30 am	Triple Jump	Midget & up Women*
10:00 am	High Jump	Midget & up Women*
11:00 pm	High Jump	Midget & up Men*
12:30 pm	High Jump	Pee Wee Women/Men & Special O Men & Women
1:30 pm	High Jump	Bantam Men & Women
1:00 pm	Hammer	Midget & up Men
	Hammer	Midget & up Women

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